

Arizona Physical Education Standards Articulated by Grade Span Strand 4

Concept: Health Related Fitness			
K-2	3-5	6-8	9-12
PO 1. Demonstrate sufficient muscular strength to be able to bear body weight.	PO 1. Perform a nationally-recognized, criterion-referenced, health-related fitness assessment, that includes aerobic fitness, muscular strength, muscular endurance, flexibility and body composition.	PO 1. Perform a nationally-recognized, criterion-referenced, health-related fitness assessment, that includes aerobic fitness, muscular strength, muscular endurance, flexibility and body composition.	PO 1. Perform a nationally-recognized, criterion-referenced, health-related fitness assessment, that includes aerobic fitness, muscular strength, muscular endurance, flexibility and body composition.
PO 2. Engages in a series of fitness exercises based upon time, not repetitions, that includes all health-related components of fitness.	PO 2. Evaluate personal fitness and practice goal setting with the aid of the teacher.	PO 2. Maintains or progresses toward age- and gender-appropriate levels of performance on a criterion-referenced health-related fitness assessment.	PO 2. Interpret information from fitness test and develop a personal fitness profile on the basis of the fitness assessment results.
PO 3. Participates in a variety of games and activities that increase breathing and heart rate.	PO 3. Participate in a variety of fitness activities designed to enhance personal fitness.	PO 3. Participate in a variety of fitness activities designed to enhance fitness levels.	PO 4. Achieve personal fitness goals based on principles of training.
PO 4. Recognizes that health-related physical fitness consists of several different components.			PO 5. Demonstrate ability to monitor and adjust a personal fitness program to meet individual needs and goals.

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PO 5. Demonstrate a variety of modified exercises for each health-related component of fitness.			PO 6. Compare and contrast safe and risky exercises and demonstrate safe exercise alternatives
PO 4. Recognizes that health-related physical fitness consists of several different components.			PO 7. Devise a plan to reduce risk and possible injury.
PO 5. Demonstrate a variety of modified exercises for each health-related component of fitness.			